

## CLAIMS

1. A composition for the prevention or treatment of muscular fatigue, muscular damage and a disease associated therewith,  
5 which is characterized by comprising as an active ingredient *N*-(3,4-dimethoxycinnamoyl)anthranilic acid or a pharmaceutically acceptable salt thereof or a pharmaceutically acceptable solvate thereof.
2. A composition to use for the inhibition of and promotion  
10 of recovery from muscular fatigue or muscular damage and a disease associated therewith, comprising an effective amount of *N*-(3,4-dimethoxycinnamoyl)anthranilic acid or a pharmaceutically acceptable salt thereof or a pharmaceutically acceptable solvate thereof.
- 15 3. A composition as claimed in claim 1 or claim 2 wherein the muscular fatigue or muscular damage is caused by exercise stress.
4. A composition as claimed in claim 1 or claim 2 wherein the muscular damage is associated with or incidental to a surgical  
20 injury or a surgical procedure.
5. A composition as claimed in claim 1 or claim 2 wherein the muscular damage is a pulled muscle.
6. A composition as claimed in claim 1 or claim 2 wherein the disease is a muscle pain.
- 25 7. A composition as claimed in claim 1 or claim 2 wherein the disease is myofibrosis at a damaged part caused during restoration of muscular damage.

8. A composition as claimed in any one of claims 1-7, which is characterized by further comprising a pharmaceutically acceptable additive.

9. A composition as claimed in any one of claims 1-7, which is characterized by further comprising an additive acceptable as food.

10. A composition as claimed in any one of claims 1-9, which is a drink.

11. A composition as claimed in any one of claims 1-9, which is a jerry.

12. A use of a composition for treatment as claimed in any one of claims 1-11 for the inhibition of and promotion of recovery from muscular fatigue or muscular damage and a disease associated therewith.

13. A use as claimed in claim 12 wherein the muscular fatigue or muscular damage and the disease associated therewith are caused by exercise stress.

14. A use as claimed in claim 12 wherein the muscular damage is associated with or incidental to a surgical injury or a surgical procedure.

15. A use as claimed in claim 12 wherein the muscular damage is a pulled muscle.

16. A use as claimed in claim 12 wherein the disease is muscle pain.

17. A use as claimed in claim 12 wherein the disease is myofibrosis at a damaged part caused during restoration of muscular damage.

18. A use as claimed in any one of claims 12-17, which is characterized by continuously administering or ingesting said composition for a period from at least 2 days before to 3 days or over after exercise stress or a surgical procedure.

5 19. A method for use of a composition as claimed in any one of claims 1-11, which is characterized by continuously administering or ingesting said composition for a period from at least 2 days before to 3 days or over after exercise stress or a surgical procedure.

10 20. A use of *N*-(3,4-dimethoxycinnamoyl)anthranilic acid or a pharmaceutically acceptable salt thereof or a pharmaceutically acceptable solvate thereof for the manufacture of a composition as claimed in any one of claims 1-11.

21. A method for the prevention or treatment of muscular  
15 fatigue or muscular damage and a disease associated therewith, which comprises administering an effective amount of *N*-(3,4-dimethoxycinnamoyl)anthranilic acid or a pharmaceutically acceptable salt thereof or a pharmaceutically acceptable solvate thereof.

20 22. A method for the prevention or treatment as claimed in claim 21 wherein the disease is a disease of any one of claims 3-7.

23. A method for the inhibition of and promotion of recovery from muscular fatigue or muscular damage and a disease associated  
25 therewith, which comprises administering an effective amount of *N*-(3,4-dimethoxycinnamoyl)anthranilic acid or a pharmaceutically acceptable salt thereof or a pharmaceutically

acceptable solvate thereof.

24. A method for the inhibition and promotion of recovery as claimed in claim 23 wherein the disease is a disease of any one of claims 3-7.